

Healthy Lifestyle Rewards

quick start guide

Five easy online steps to \$200 cash rewards and a healthier life.

What is Healthy Lifestyle Rewards?

It's an interactive online program that rewards you and every CalPERS Blue Shield member of your plan age 18 and older with cash as you participate and adopt healthy lifestyle habits. Get the resources, motivation, and support you need to eat healthy, get fit, manage stress, quit smoking, and more.

This is your chance to make progress toward your personal wellness goals, at no extra cost. Best of all, it's online – so you can access it anytime, day or night.

Worried about privacy?

Rest assured – your wellness information is confidential, and your employer will not see it.

What are you waiting for?

Follow the easy online steps below and get started today!

1. register

- Go to **blueshieldca.com/hlr**
- Click *Register Now*
- Enter your member ID number found on your Blue Shield member ID card and your date of birth.
- Review the Terms and Conditions of Participation and set up your Preferences.

Already registered? Use your current username and password to log in.

Note your username and password here for easy reference.

username:

password:

2. take the Wellness Assessment

When you finish registering, you'll need to take the Wellness Assessment to customize your wellness program. It gathers important facts like your age, weight, and other vitals. If you don't have all the information, you can still complete the assessment. You can come back to your Wellness Assessment and fill in the missing information later. You can immediately earn and redeem a reward of \$50 for completing the assessment.

3. explore programs, tools, and resources

- **Personalized health programs** – Programs on nutrition, exercise, stress, and more, will be recommended after you take the Wellness Assessment.
- **Health Topics Tool and Symptom Checker** – Over 150 health topics help you keep informed about conditions, treatments, and procedures, and the *Symptom Checker* can help you determine what to do about your symptoms.
- **Health trackers** – Use a variety of health trackers, such as weight and blood pressure, to track your goals and progress.
- **Message boards** – Online peer groups bring you together to discuss, share, and understand your health.
- **Recipes** – Located under *Health Tools*, our recipes have nutritional information, healthy ingredients, and preparation tips.
- **Health news and information** – The health encyclopedia offers articles and Web site links.

4. participate to earn rewards

- Take the Wellness Assessment and get \$50 right away.
- Earn an additional \$50 for every 12 weeks of participation (up to 36 weeks). You earn 1 credit for each week, and every 12 credits equals \$50. Weeks of participation do not need to be consecutive.

To earn a credit for the week, simply complete the next step in a health program. Or, log data on a tracker, take a quiz, etc. What you do each week is completely up to you! You can view your progress, history of credits earned, and rewards redeemed, any time. Log on to Healthy Lifestyle Rewards, and click *My Rewards*.

5. redeem

When you complete the Wellness Assessment or earn 12 credits (12 weeks), you can redeem your credits. Click on *My Rewards*. You'll see two tabs on the *My Rewards* page. Click on the *CalPERS Wellness Assessment* tab then click *Redeem Now* to redeem your credit for completing the Wellness Assessment. Click on the *Weekly Activity Credits* tab then click on *Redeem Now* to redeem your credits for 12 weeks of participation.

The first time you redeem a reward, you will be mailed an easy-to-use debit card. Once you have your card, subsequent rewards will be automatically loaded to your card once you redeem them.

- You can use your card to purchase goods and services anywhere major credit cards are accepted.
- Redeem all credits by the end of the program year, as they are not redeemable in the following year.
- Keep your debit card year after year as future rewards will be loaded to the same card.

Questions?

If you need support with Healthy Lifestyle Rewards, simply log on, click on *Contact Us*, and you'll get a response within three business days or sooner.